# THE BRIDGE

*A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities*

## A Message From the Editor

Dear Readers,

It's hard to believe that it's already been a year since we published the first issue of The Bridge! I've truly enjoyed working on this important project along with our student editors; Sam and Anthony (our first editors), Amanda (MPH student and the one who has been with The Bridge the longest), Will and Hollis (who helped us to expand the depth and breadth of the newsletter), and Paola (the newest addition to the team, already making valuable contributions!) It's been an honor and a privilege to lead this work with such a talented group of students and to bring you all of the news, achievements, and happenings around the CSUN Public Health Program and our public health community.

As we start year two of The Bridge, I invite you to share news, publications, events, and opportunities through this medium. Please consider submitting content suggestions through our content form. It's been a positive start to our journey here at The Bridge! I continue to be inspired by your stories and successes, and I'm excited to see what the future holds.

Thank you for reading and for your support!

*Carla Valdez*

Faculty Advisor to The Bridge

## Newsletter Highlights

Spring Self-Care Series

Spotlight Central

This is Public Health

Calendar

# Spring Self-Care Series

"Just like you do on a plane, you need to put on your own oxygen mask first before trying to help others."

**-Dean Nancy Smyth**

**School of Social Work, University at Buffalo**

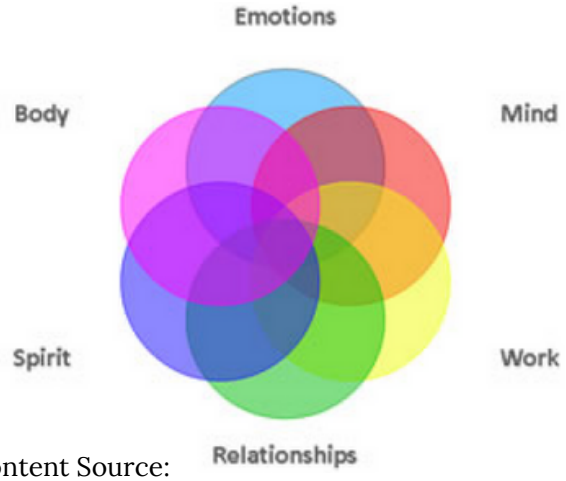
## Introduction to Self-Care

***What is self-care?***

Self-care can be seen and thought of as an act of centering oneself through methods of nourishment such as yoga, meditation, connecting with nature, painting your nails or a canvas, working out, making a clean meal for yourself, and tending to your physical environment. Anything that provides you with the time and space for practices that fill you up internally.

***Why is it important?***

For members of the community health field, the quote above can be a lifeline. Although the focus of community health is to serve complex populations, it is crucial that professionals have a strong understanding of their needs, limits and boundaries. In doing so, we can better show up for those we are serving and decrease our personal risks of emotional fatigue and burnout.




Content Source:
University at Buffalo, School of Social Work

***How is Public Health connected to self-care?***

Similar to Public Health, the relationship you have with yourself is multidimensional. Just like Public Health considers the myriad of interconnected factors that affect the health and well being of both individual and community, so does nurturing a relationship to yourself. As seen in the image above, there are a variety of factors at play, each representing a piece of a whole.

# Developing Your Self-Care Plan

Mindful and consistent self-care is central to preventing or reducing stress, burnout, and compassion fatigue and also – importantly – to maintaining and enhancing your well-being now and in the future.

**R**ecognize ways that you manage stress → Current coping strategies

**E**xplore your current self care practices → Self-care assessment tool

**S**ecure time in your daily routine for self care → Maintaining Self-Care

**T**ake the time to set up an emergency self care plan → Self-care for Emergencies

## Additional Reads

Starting to Meditate

Psychology Now: The Art of Now

Overcoming Fear of Failure

# PUBLIC HEALTH PROGRAM UPDATES

## *Public Health Program- Community Advisory Board*

The Public Health Program held its first community advisory board meeting of the year on February 9th at the Orchard Conference Center on campus. The community advisory board or "CAB" is comprised of public health professionals working at the Los Angeles County Department of Public Health, Kaiser Permanente, local community colleges, UCLA, the Los Angeles County Vector Control District, the non-profit organizational Tarzana Treatment Centers, CSUN Kinesiology, and our student internship coordinators for the Public Health Program. Organizers Stephanie Benjamin, Lawrence Chu, and Suzi Spear (CSUN Public Health faculty) elicited suggestions from the CAB members during the meeting for enhancing student skills and expanding opportunities for community engagement.

*The Public Health Program faculty wish to thank the CAB for their engagement and support.*

Please note

The Provost's Colloquium Series featuring

*Dr. Myriam Forster*

has been rescheduled for
Monday, April 24th from 3- 5 pm.

Attendees that will want to attend in person (limited capacity), will need to register in advance. Individuals may attend via Zoom and will also need to register.

# PUBLIC HEALTH PROGRAM UPDATES

hello

## Alumni (BSPH and MPH) and Public Health Community Partners...

The Public Health Program at CSUN is committed to developing the knowledge and skills of Public Health professionals in our region. These efforts include non-degree, short-term training opportunities that expand the professional capacity of our regional partners.

Please complete the **SURVEY** to help ensure that we provide the best training opportunities. We appreciate your help with our efforts to support the Public Health workforce.

Save the Date

## May 21, 2023

MPH Hooding Ceremony- 2 pm

Undergraduate Reception- 4 pm

Commencement- 6 pm

Details coming soon!

NATIONAL PUBLIC HEALTH WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

# Events for the Week April 3-7

| | |
|---|---|
| MONDAY, 4/3<br>1- 2:30 PM: | *BSPH Session: JD 3516*<br>*From Classmates to Colleagues: Undergrad's Guide to Success* |
| MONDAY, 4/3<br>4:30-6:30 PM: | *Public Health Workshop: SQ 104*<br>*Implicit Bias Training*<br>*Registration Required* |
| TUESDAY, 4/4<br>11 AM- 2 PM: | *NPHW Health Fair @ The Cesar Chavez Service Fair*<br>*Sierra Quad* |
| WEDNESDAY, 4/5<br>6 PM: | *MPH Session: Zoom*<br>*Alumni Panel Discussion* |
| THURSDAY, 4/6<br>9:30-11 AM: | *Presentation: JD 3516*<br>*DEA National Take Back Day* |
| SATURDAY, 4/8<br>9 AM: | *NPHW Hike*<br>*All are welcome!* |

Link to flyer:

## NPHW Events Sponsored By:

CSUN | PUBLIC HEALTH ALUMNI CHAPTER

HESO Health Education Student Org. California State University Northridge

MPHSA

iStart csun.edu/iSTART

# FACULTY SPOTLIGHT

## Susan Cohen, MPH

**BSPH (1989) and MPH with a minor Human Sexuality (1994) from California State University, Northridge**

Susan Cohen has been a lecturer in the Department of Health Sciences since 2000. She primarily teaches the undergraduate and graduate academic internship courses, HSCI 494 and 693, respectively.

In 2020, Susan accepted a position as the Deputy Director of the UCLA Prevention Center of Excellence in the Department of Psychiatry. In this capacity, she manages the program's training managers. The team delivers training to the LA County workforce on topics related to mental health and public health.

Funded by LAC Department of Mental Health, they work toward systems change and providing LA County workers with the tools they need to be healthy at work and in serving the communities they serve. In her role, she engages with community partners, establishes training needs, ensures staff have the resources they need to do their jobs, and recruits, hires and manages staff.

### *In her own words*

I love working with people, communities, and improving systems of care. My passion is about helping people make healthy decisions in their own lives so they can prevent disease. And to prevent disease, people need access to education and care. Within this focus, my career has centered on working with the LGBTQ communities, people with SUD, people struggling with mental health challenges, and other minoritized populations. It amazes me how little people know about their own body, about healthy habits, how to find good information, and how to make health decisions.

All of these issues need to be discussed at age-appropriate levels, and within ALL communities. One of my favorite things from when I was an undergraduate at CSUN was being trained as a peer educator at the Klotz Student Health Center. This experience helped me see how powerful peers can be in assisting each other. The time I spent as a peer educator helped me decide on public health as a major and opened up the world of public health for me.

### What advice do you have for students and early career professionals?

**Be the person who says yes to professional and volunteer opportunities.**

You never know where that yes will take you. It could open the door to jobs; you might meet influential people who become part of your professional network; you will become known by others who you'd never know otherwise. I have met people on volunteer committees I would never have met these people if I had not said yes. Some connections were helpful to me and to them.

**Follow your passions within our field and you will always have job satisfaction.**

It's not always easy to do. However, our field is huge; trends change. Don't be afraid to take some risks and do what you love. There will always be opportunity in public health- your job is to find the opportunities and be true to your interests. You have chosen a fabulous major. We need critical thinkers with huge hearts as the next generation of public health leaders.

CSUN alumni and friends can purchase an access code to the **American Public Health Association (APHA) Now 2022.**

The 13 Featured Sessions focus on the APHA 2022 theme "150 Years of Creating the Healthiest Nation: Leading the Path Toward Equity". APHA Now is an affordable alternative for those unable to attend the annual meeting and a great supplement for attendees who don't want to miss a moment of the meeting.

Participants can earn up to **17.5 Continuing Education (CE) credits** in each of the following: MCHES®, CHES®, CME, CNE, CPH, OP (ask your licensing/certification board if they accept CME for Non-Physician).

There is no additional cost for CE. It is included in the cost of APHA Now registration. To earn CE units and a CE certificate, participants must watch the session and then successfully complete an assessment. Sessions can be watched and credit can be earned until August 2023.

Proceeds from each sale will go back to CSUN's Public Health Alumni Chapter. Funds raised from these purchases will be used to offer other public health-related services to students, alumni and the greater community.

Quantity is limited to the first 50 people. You will receive a code and instructions on how to listen to the recordings once you have registered.

We are pleased to offer APHA Now **registration** at a significant discount:
CSUN Public Health Alumni and current students: $50.
Non-alumni: $60.

*Register Here!*

Connect with the Public Health Alumni Chapter on LinkedIn!

Join the Public Health Alumni Chapter, learn more here!

# SUMMER

## SCHEDULE 2023 NOW POSTED!

**New this Summer - classes are state-funded!**

CHECK OUT THE SUMMER 2023 SCHEDULE ONLINE

## REQUEST AN APPOINTMENT TO REGISTER

**MARCH 14-20, 2023**

**ENROLLMENT AND FINANCIAL HELP**

HELP ON REGISTERING FOR SUMMER 2023 CLASSES

NEW SUMMER 2023 TUITION & FEES

SUMMER 2023 FINANCIAL AID

# THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month. Click the underlined hyperlinks below to learn more.

## Scholarship Opportunities

CHES Scholarships will open in April 2023 for the Fall Examination.

**Apply April 10-14, 2023**

The Helen P. Cleary Scholarship provides financial support to students enrolled in a health education-related degree program to take the national Certified Health Education Specialist (CHES®) examination.

## Listen & Learn

Gente and Health UCLA Health (podcast)

This podcast highlights the voices of gente and health by Latino narratives and discussing the situation of Latinos in California, from the foundations of Cinco de Mayo to the COVID-19 pandemic.

State of The Public Health Union 2023 (webinar recording)

State of The Public Health Union with the 2023 prime ministers from the Women's Earth And Climate Action Network (WECAN).

## Learning Opportunities

**Get American Red Cross Certified for CPR, AED and First Aid in Only One Day!**

The Student Recreation Center (SRC) of the University Student Union (USU) is offering classes throughout the semester to get you certified in CPR, AED and First Aid.

Space is limited register, in advance!

**LA County Dept. of Public Health's Ending the HIV Epidemic (EHE)**

EHE is offering 2 webinar sessions titled "Your Role in Ending the HIV Epidemic," in collaboration with the UCLA Center for HIV Identification, Prevention, and Treatment Services (CHIPTS) and the U.S. Department of Health and Human Services (HHS) Prevention through Active Community Engagement (PACE) Region IX Program

Early Health Professionals Webinar
Tuesday, April 11, 2023
11:00 to 12:30 PM (PT)
Registration required.

Students Webinar
Thursday, April 13, 2023
11:00 to 12:30 PM (PT).
Registration required.

# THIS IS PUBLIC HEALTH

## Rewarding Reads

**Eliminating HIV as a Global Public Health Threat Through Scale-Up of Antiretroviral Therapy and Health System Strengthening Supported by the U.S. President's Emergency Plan for AIDS Relief**
HIV Is a global public health threat, achievements must be sustained and expanded to reach all subpopulations. Effective HIV treatment helps those with HIV live longer, healthier lives. Read this article to learn more.

## Job Opportunities

**Health Education Specialist,** (full-time)
Ending the HIV Epidemic Initiative
LA County Dept. of Public Health

**Policy Analyst,** (full-time)
Ending the HIV Epidemic Initiative
LA County Dept. of Public Health

**Epidemiologist**, (full-time)
Ending HIV Epidemic
LA County Dept. of Public Health

**Senior Health Educator**, (full-time)
MPOX Vaccine Ops
LA County Dept. of Public Health

**Manager Training Tech Assistant**, (full-time)
California Hospital Medical Center Los Angeles

**Manager of Policy**, (full-time)
LA Best Babies Network
California Hospital Medical Center Los Angeles

**Wellness Educator**, (full-time)
Nutrition Services Department
Glendale Unified School District

**Epidemiologist**, (full-time)
MPOX Vaccine Ops, Data Processing
LA County Dept. of Public Health

**Healthcare Staffing Professionals**, (full-time)
Ending the HIV Epidemic Initiative
LA County Dept. of Public Health

## Internship

**California Department of Public Health (CDPH) Internship Program**
The CDPH Internship Program offers professional development resources and engagement opportunities to support aspiring public health professionals. This cohort, we are recruiting for 30 paid interns for the upcoming Summer 2023 cohort. Applications due by April 2, 2023.

# Attention current CSUN students!

# INTERESTED IN PROMOTING HEALTH & WELLNESS AT CSUN?

JOIN THE MATADORS4WELLNESS PEER HEALTH EDUCATION PROGRAM!

## Roles & Responsibilities:

- Facilitate health & wellness workshops for classes, clubs and organizations.
- Participate in outreach and social media activities.
- Educate the campus community about campus health resources.
- Provide input and support on various projects at the Klotz Student Health Center.

**Applications Open**

March 1, 2023
through
April 2nd. 2023

Scan the QR Code for more info

www.csun.edu/shc/matadors4wellness-apply

Questions? Email: Valerie.Ipatzi@csun.edu

CSUN | klotz student health center

# APRIL

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**1** Antelope Valley Disability Resource Fair

**3** Breastfeeding Basics

**3-9** National Public Health Week

**12** DIY Pad Workshop

**24-27** Sugar Reduction Summit

**28** Nutrition & Dietetics Annual Conference

**26-27** Project DATE: SAAFE Week (on campus)

## SIGN UP FOR OUR NEWSLETTERS!

Click the link below to subscribe to our email list and get monthly access to our newsletters!

SIGN UP

## GOT A STORY TO SHARE?

Let's stay informed! Contribute to The Bridge by filling out our content form so we all stay updated and connected!